

Melissa Bouvier, Director

August 2025

GLOCESTER SENIOR CENTER



August News

1210 Putnam Pike , Chepachet, RI 02814 401-567-4557 www.glocesterri.org

If you have questions and/or want help with plan choices or any other Medicare/Medicaid questions we can help you. Come and speak with Medicare SHIP Counselor Guy Boulay he is available by appointment the second Monday of each month.

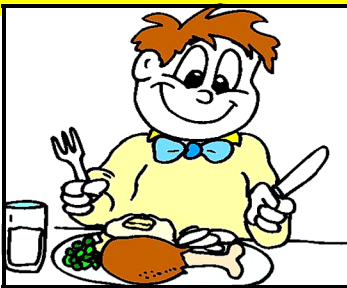
Please see Melissa



LUNCH Reservations

Must be made by
Wednesday the week be-
fore you wish to eat.

(401) 567-4557



*****Reminder*****

Please do not come to the Center if you are sick or have any symptoms such as fever, chills, coughing, sneezing, runny nose or a sore throat.

PROUD TO SUPPORT Gloucester Village, a part of The Village Common of RI. The Village Common of Rhode Island is inviting town residents to join the Gloucester Village. Applications to become a volunteer are now being accepted. Established in 2015, the Village Common of RI has worked to build a “neighbors helping neighbors” volunteer program for those who could use just a little help to be able to remain in their own home for longer. Services that may be provided by village volunteers include transportation, errands, home help, friendly calls and social visits, care giving support and tech support. Volunteers get to decide which services they are willing to provide and when. We also have administrative volunteer opportunities for those that are organized and enjoy being behind the scenes. To inquire about becoming a volunteer for the Gloucester Village, call 401-441-5240 or you can speak to Melissa to find out more about volunteer opportunities available.

The Village Common of Rhode Island

Aging Better Together



Need help paying your residential heating bills?

A representative from Tri County will be here to assist you on **Friday August 22nd** between the hours of **10:00 am and noon.**

LIHEAP may help income eligible households pay their heating bills, offers weatherization services, and may be able to assist in heating crisis situations.



We still have \$50 Farmer's Market Nutrition Program cards available to those that are eligible:

You must be a RI resident over the age of 60 years old and fit within an income limit.

Cards are available between the hours of 11:00 am and 3:00 pm.

Limited quantity available.



Ice Cream Social

**Friday August 15th at
12:30 pm**

**Sponsored by our
friends at**



August

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1. Mahjongg.....9:00 Bone Builders.....9:00 Keep Moving.....10:30 Cribbage.....1:00 Bingo.....1:30
4. Co. line dance.....9:30 Sewing Class.....10:00 Hi/ Lo Jack1:00 Scrabble.....1:00	5. Yoga.....9:30 Water color.....10:30 Move it or lose it.....11:00 Samba.....1:00 Beginners line dancing.....1:00 Bingo.....1:30 Cornhole.....2:15	6. Bone builders.....9:15 Mahjongg.....9:30 NO Keep Moving.....NO Cribbage.....1:00 Knitting.....2:00	7 Chair Yoga.....9:15 Pastel Art.....10:30 Hi Lo Jack.....1:00	8. Mahjongg.....9:00 Bone Builders.....9:00 Keep Moving.....10:30 Pool Tournament....12:30 Cribbage.....1:00 Bingo.....1:30
11. Closed in Observance of Victory Day	12. Yoga.....9:30 Water Color.....10:30 Move it or lose it.....11:00 Samba.....1:00 Beginners line dancing.....1:00 Bingo.....1:30 Cornhole.....2:15	13. Bone builders.....9:15 Mahjongg.....9:30 Keep Moving.....10:30 Cribbage.....1:00 KWV Meeting.....2:00 Knitting.....2:00	14. Whale Watch..... Chair Yoga.....9:15 Pastel Art.....10:30 Meditation.....10:30 Hi Lo Jack.....1:00	15. Mahjongg.....9:00 Bone Builders.....9:00 Keep Moving.....10:30 Ice Cream Social....12:30 Cribbage.....1:00 Bingo.....1:30
18. SHIP.....BA Co. Line dance.....9:30 Sewing Class.....10:00 Hi/ Lo Jack1:00 Scrabble.....1:00	19. Yoga.....9:30 Water Color.....10:30 Move it or lose it.....11:00 Samba.....1:00 Beginners line dancing.....1:00 Bingo.....1:30 Cornhole.....2:15	20. Bone builders.....9:15 Mahjongg.....9:30 Keep Moving.....10:30 Cribbage.....1:00 Knitting.....2:00	21. ATEL.....BA Chair Yoga.....9:15 Crafting with Roseann..10:00 Meditation.....10:30 Pastel Art.....10:30 Hi Lo Jack.....1:00	22. Mahjongg.....9:00 Bone Builders.....9:00 LIHEAP.....10:00-12:00 Keep Moving.....10:30 Pool Tournament....12:30 Cribbage.....1:00 Bingo.....1:30
25. Co. Line dance.....9:30 Sewing Class.....10:00 BCBS Cooking Demo...10:30 Hi/ Lo Jack1:00 Scrabble.....1:00	26. Yoga.....9:30 Water Color.....10:30 Move it or lose it.....11:00 Samba.....1:00 Beginners line dancing.....1:00 Bingo.....1:30 Cornhole.....2:15	27. Bone builders.....9:15 Mahjongg.....9:30 Keep Moving.....10:30 Cribbage.....1:00 Knitting.....2:00	28. Chair Yoga.....9:15 Jewelry making.....10:30 Pastel Art.....10:30 Hi Lo Jack.....1:00 Dinner Trip.....3:15	29. Mahjongg.....9:00 Bone Builders.....9:00 Keep Moving.....10:30 Cribbage.....1:00 Bingo.....1:30

August 2025 MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>All menu items may contain nuts, seeds, beans, wheat bran, and other allergens. Funded in part by the US Administration on Aging and The Rhode Island Office of Healthy Aging.</p>	<p>Dinner rolls are served with all meals</p>			<p>1</p> <p>#1 Tomato cauliflower soup Braised beef brisket Roasted Potato w/ vegetables Tomato salad Pineapple chunks #2 Ham & cheese on wheat</p>
<p>4</p> <p>#1 Escarole bean & sausage soup Meatball sandwich Roasted zucchini & carrots Brownie #2 Chicken salad on rye</p>	<p>5</p> <p>#1 Minestrone soup Sloppy joe Roasted potatoes Cucumber salad Sliced peaches #2 Tossed salad w/ chicken</p>	<p>6</p> <p>#1 Tuscan white bean soup Roasted pork loin w/gravy Rice pilaf Peas & onion Sliced pears #2 Seafood salad sandwich</p>	<p>7</p> <p>#1 Chickpea & kale soup Pot roast w/ gravy Mashed potatoes Green beans Cake #2 Spinach salad w/ chicken</p>	<p>8</p> <p>#1 Cream of mushroom soup Goulash Cucumber salad Garlic roll Sliced apples #2 Ham & cheese on rye</p>
<p>11</p> <p>Closed in Observance of Victory Day</p>	<p>12</p> <p>#1 Vegetable soup Creamy Tuscan chicken Broccoli florets Roasted sweet potatoes Cake #2 Egg salad on rye</p>	<p>13</p> <p>#1 Chicken soup Pork shoulder roast w/gravy Rice pilaf Peas & carrots Watermelon #2 Tuna salad plate</p>	<p>14</p> <p>#1 Tomato soup Meatloaf w/ gravy Mashed potato Baby carrots Peaches #2 Cobb salad</p>	<p>15</p> <p>#1 Chicken soup Pub burger w/ cheese Baked beans Cole slaw / chips Watermelon #2 Hot dog</p>
<p>18</p> <p>#1 Vegetable lentil soup Cider glazed chicken thighs Potato wedges Mixed vegetables Watermelon #2 Roast beef on roll</p>	<p>19</p> <p>#1 Minestrone soup Pepper steak Rice pilaf Roasted carrots Sliced pears #2 Chef salad</p>	<p>20</p> <p>#1 Tomato soup Creamy feta & tomato chicken Potatoes mushrooms & Tomatoes Oatmeal cookie #2 Seafood salad sandwich</p>	<p>21</p> <p>#1 Mushroom barley soup Sliced turkey w/ gravy Sweet potatoes Green beans Cake #2 Ham & cheese on wheat</p>	<p>22</p> <p>#1 Chicken escarole soup Shepards pie Mashed potatoes Peaches #2 Cobb salad</p>
<p>25</p> <p>#1 Corn chowder Fried chicken Roasted potatoes Green bean salad Chocolate chip cookie #2 Turkey sandwich on wheat</p>	<p>26</p> <p>PIZZA</p>	<p>27</p> <p>#1 Tomato soup Baked chicken topped w/ Eggplant Bolognese Mediterranean rice Cake #2 Seafood salad plate</p>	<p>28</p> <p>#1 Chicken soup Salsbury steak Mashed potatoes Buttered corn Fresh melon #2 Tossed salad w/chicken</p>	<p>29</p> <p>#1 Chicken soup Grill chicken Spanish rice Mixed vegetables Mixed fruit #2 Egg salad on wheat bread</p>

WELCOME!

Our suggested donation is \$3.00 per meal.
Lunch is served
At 12:00 pm

The menu is subject to change without notice.

All menu items may contain nuts, seeds, beans, wheat, bran and other potential allergens.

Please reserve your weekly meal choice(s) by noon on Thursday, monthly orders accepted, changes 48 hours in advance. EBT cards are accepted at the Social Street site!

Call 766-3734 for information.

SERVING SIZES

Grains – 2 ounces
Vegetables – ½ cup
Fruits – ½ cup
Protein – 3 ounces
Dairy – 1 cup

LET'S HAVE SOME FUN!!!

Glocester Senior Center Book Discussion 2025-2026

Second Wednesday of each month at 1:00pm



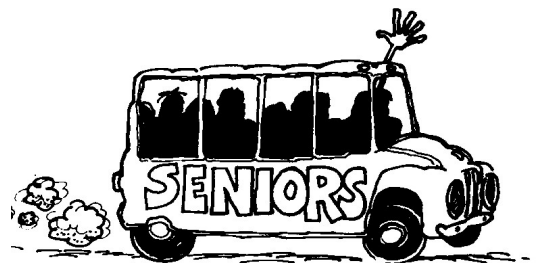
September 10	The Stolen Child by Ann Hood
October 8	Anxious People by Fredrik Backman
November 12	The Beekeeper's Apprentice, or, On the Segregation of the Queen by Laurie R. King.
December 10	Beautiful Country: A Memoir by Qian Julie Wang
January 14	Haven by Emma Donoghue
February 11	Apples Never Fall by Liane Moriarty
March 11	A Duty to the Dead by Charles Todd
April 8	This Dark Road to Mercy by Wiley Cash
May 13	Isola by Allegra Goodman
June 10	Remarkably Bright Creatures by Shelby Van Pelt



**Crafting with Roseann
August 21st at 10:00am**

**Space is limited
RSVP today.**

Take a trip to
The Olde Theater Diner
August 28th @ 3:15
Enjoy some good food and
good company.
Space is limited to 10



LET'S HAVE SOME FUN!!!



Jewelry making with Donna

Join us on **Thursday, August 28th at 10:30 am** when Donna will be teaching you how to make a necklace and earrings. This class will be about an hour and a half and will include all supplies and instruction needed to make beautiful jewelry for you to wear or gift to a loved one.



Cooking Demonstration with Chef Kevin Millonzi

Join us Monday, August 25th at 10:30

Learn to make simple delicious foods with just a few healthy ingredients-and enjoy a sample too!

Brought to us by BCBSRI.



**GLOCESTER SENIOR CENTER PRESENTS:
HOUSE OF SEVEN GABLES & SALEM WITCH MUSEUM**

WEDNESDAY ~ OCTOBER 15, 2025

\$105.00 PER PERSON

DEPART: 7:30 A.M. ~ RETURN: 5:30 P.M. GLOCESTER SENIOR CENTER

EXPERIENCE HALLOWEEN WHERE IT ALL STARTED ~ SALEM, MA!

COME JOIN US AS WE ARE OFF TO SALEM, MA. ON THIS TOUR, WE WILL VISIT THE HOUSE OF SEVEN GABLES AND THE SALEM WITCH MUSEUM. OUR FIRST STOP WILL TAKE US TO THE HOUSE OF SEVEN GABLES. IN 1668, MERCHANT AND SHIPOWNER JOHN TURNER I, AND HIS WIFE ELIZABETH ROBINSON TURNER, BUILT A HOUSE ON SALEM HARBOR THAT WAS DESTINED TO BECOME ONE OF AMERICA'S MOST BELOVED HISTORIC HOMES. DESIGNATED A NATIONAL HISTORIC LANDMARK DISTRICT IN 2007, THE HOUSE OF THE SEVEN GABLES IS BEST KNOWN TODAY AS THE SETTING OF WORLD-RENOWNED AMERICAN AUTHOR NATHANIEL HAWTHORNE'S 1851 NOVEL. HAVE FREE TIME TO SHOP BEFORE SALEM WITCH MUSEUM AND SEE THE LOCAL STORES AND TASTE THE LOCAL FLAVORS THAT HISTORIC PICKERING WHARF HAS TO OFFER (LUNCH ON OWN). THE SALEM WITCH MUSEUM PRESENTS ONE OF THE MOST TRAGIC STORIES IN AMERICAN HISTORY, THE 1692 WITCH TRIALS. DID YOU KNOW THE FIRST MOVIE HOCUS POCUS WAS FILMED RIGHT HERE IN SALEM, MA? ENJOY YOUR SPOOKY DAY!

PLEASE RESERVE NO LATER THAN SEPTEMBER 15, 2025 NO REFUNDS AFTER SEPTEMBER 15, 2025

CONTACT: MELISSA BOUVIER (401-567-4557) / CHECK PAYABLE TO: GLOCESTER SENIOR CENTER

SALEM, MA, OCTOBER 15, 2025/FULL PAYMENT DUE UPON RESERVATION.

NAME: _____

PHONE: _____ ADDRESS: _____

EMERGENCY CONTACT:

NAME: _____ PHONE: _____

BOOKING YOUR TRIPS THROUGH THE GLOCESTER SENIOR CENTER HELPS TO SUPPORT OUR ACTIVITIES

TRIP OPERATED BY BLOOM TOURS





Glocester Senior Center Presents...

Cape Cod Dinner Train Tour

Wednesday, September 10, 2025

\$155.00 per person

Your Motorcoach Will Depart:

9:00AM - Glocester Senior Center

Approximate Return 6:00PM

Join *Bloom Tours* on a scenic ride down to Hyannis, MA. We will board their Colonial Lunch Train for a delightful 2 1/2 hr journey & 3 course meal! We are treated to expertly prepared food served with white-linen class. Converse over afternoon coffee, sit back and enjoy a mid-day escape of a relaxing train ride. Your meal choice is Hunter's Harvest Chicken, Sweet Potato Pecan Crusted Salmon, Autumn Salad or Cape Cod Central's Ham Sandwich. Also included is Harvest Chowder, Coffee/Tea and Chefs Choice Dessert. Following your excursion you will head to Hyannis for exploring and shopping.

Please reserve no later than August 10, 2025 No Refunds after August 10, 2025

Contact: Melissa Bourvier (401-567-4557) / Check payable to: Glocester Senior Center

Cape Cod Dinner Train, September 10, 2025/Full Payment & Meal Choices due upon reservation.

Name: _____

Phone: _____ Address: _____

Meal Choice: Chicken Salmon Salad Ham Sandwich

Emergency Contact:

Name _____ Phone: _____

Booking your trips through the Glocester Senior Center
helps to support our activities

TRIP OPERATED BY BLOOM TOURS

